



Carmel Valley Pool

3777 Townsgate Drive, San Diego, CA 92130
 (858)552-1623 • www.sandiego.gov

September 3, 2019–March 22, 2020

Pool Closed March 23–May 5, 2020

Lap Swim*

Mon/Wed/Friday	6:00am-8:30am
Mon/Wed/Friday	9:30am-1:30pm
Mon/Wed/Friday	6:00pm-7:30pm
Tuesday & Thursday	4:00pm-7:30pm
Saturday	12:00pm-3:00pm

*Limited Lap lanes available

Recreational Swim

Mon/Wed/Friday	11:00am-1:30pm
Saturday	12:00pm-3:00pm

LARGE SLIDES CLOSED FOR THE SEASON

Facility Admissions

Child/Disabled/Senior	\$2.00
Adults (16 & older)	\$4.00

Discount Passes

Adults (16 & older)	\$85.00 / 30 swims \$30.00 / 10 swims
Child/Disabled/Senior	\$40.00 / 30 swims \$15.00 / 10 swims

All Aquatic Programs, Schedules, and Fees may change due to enrollment and/or be cancelled without notice

Holiday Hours

Veteran's Day Monday Nov. 11, 2019- Closed
Thanksgiving Day Thursday Nov. 28, 2019 Closed
Friday Nov. 29, 2019 12:00-4:00pm
Christmas Eve December 24, 2019 12:00-4:00pm
Christmas Day December 25, 2019 - Closed
New Year's Eve - December 31, 2019 12:00-4:00pm
New Year's Day - January 1, 2020 -Closed
MLK, Jr. Day - January 20, 2020 - Closed
Presidents Day - February 17, 2010 - Closed

- Passes expire one year from the date of issue and can be used at any City Pool
- All persons entering the facility during Recreation and Lap Swim times MUST pay the admission fee and wear proper swim attire always. **No re-entry is allowed.**
- Specific lanes/areas will be designated for Lap & Recreational swimming, however, the pool may be utilized for other programs during designated Lap/Recreational swim times
- A paying parent or responsible adult in a swimsuit must accompany children under 7 years of age or less than four feet tall. While in the water, a parent or responsible adult must remain within arm's reach of the child
- The City of San Diego Swimming Pools may close without notice during inclement weather conditions.

WATER FITNESS

Aquatic Body Conditioning (ABC)—This is a total body conditioning class; Multi-level, low impact, cardio respiratory workout held in shallow and deep water. Flexibility, muscular strength and endurance are emphasized. Participants do not need to know how to swim.

Mon/Wed/Fri 10:00 -11:00am

Adults/Seniors \$3.50/class
DISCOUNT PASS \$30.00/10 Classes



YOUTH WATER POLO (ages 9 - 17)

Participants are introduced to basic water polo skills with an emphasis on teamwork, fun, and sportsmanship. Participants must be able to swim 200 yards continuously and tread water for one minute.



Tuesday/Thursday
4:30pm - 6:00pm
\$27.00/Month

(Fees are due at the beginning of each month)

YOUTH SWIM TEAM (ages 6-17)

Youth Swim Team is a recreational swim organization for youth 6-17 years old, which offers a quality, safe program that is committed to introducing and developing basic competitive swim skills while promoting fun and team spirit. Swimmers participate in swim meet competitions with other City of San Diego swimming pools.
Prerequisite: Completion of Level 3, Competitive Skills course or Pool Manager's approval.

White Level

Monday/Wednesday/Friday 4:00pm-5:00pm

Silver Level

Monday/Wednesday/Friday 5:00pm-6:00pm



\$27.00 per month

(Fees are due at the beginning of each month)

RENTALS

All City Pools are available to rent for exclusive or shared use. For more information, please contact the Pool Manager.

SAFETY CHECKS

There may be ten-minute safety checks conducted every half hour or every hour during Recreational Swim hours.

EMERGENCY TESTING

All City pool personnel are subject to emergency testing at any time. Patron patience and cooperation during these drills are greatly appreciated.

VOLUNTEERS NEEDED!

Ongoing opportunities are available at the recreation centers, pool and regional parks throughout the City, as well as with senior and therapeutic recreation programs. If you would like to volunteer, please see staff for more information, contact the Volunteer Office at (619)533-4017 or visit <http://www.sandiego.gov/park-and-recreation/general-info/employment/volunteer/index.shtml>

DONATIONS

By donating to our park system, you can help the park and Recreation Department to enrich the lives of others through quality parks and programs. Your gift will help ensure that we meet the needs of the community, including people of all ages, abilities and income levels through recreation, natural open space parks, neighborhood parks, and aquatics programs. For more information on how you can become a donor to your favorite park, pool or recreation program, please call David Monroe, Deputy Director CPIO Division, (619)525-8235.

AMERICAN RED CROSS CLASSES

Lifeguard Training

Upon completion of the course candidates will receive American Red Cross Certification in Lifeguarding, First Aid for Public Safety Personnel (Title 22) and CPR/AED.

Winter Aquatic Vocational Education (W.A.V.E)

This program offers individuals an opportunity to participate in a Lifeguard Training Course offered at an affordable cost.

Saturdays & Sundays*

Oct. 12-Nov. 10, 2019

Try Out: Saturday Oct 12 9:00am sharp

Bud Kearns Municipal Swimming Pool
2229 Morley Field Dr. SD 92104
(619)692-4920

\$85.00

Thanksgiving Break Lifeguarding Class

This is a standard Lifeguard Training Class offered in rapid succession during Thanksgiving Break.

Friday 11/ 22-Wednesday 11/27, 2019*

Try Out and Orientation:

Friday Nov. 22 3:30 sharp-7:00pm

Swanson Pool
3585 Governor Dr. SD 92122
(858)552-1653

\$233.00

Water Safety Instructor

Upon completion of the course, candidates will receive American Red Cross Certification as a Water Safety Instructor and will be qualified to teach swimming lessons. Participation in all class sessions is mandatory to pass; there are no make-up dates.

Pre-Registration and Try Out Required
Sundays 9:00am-6:00pm
Sept. 15-Oct. 6, 2019*

\$194.00

Tierrasanta Community Pool
11238 Clairemont Mesa Blvd. SD 92124
(858)636-4834

**Participation in all class sessions is mandatory to pass; there are no make-up dates for any course.*

Contact the Pool Manager of the facility listed for more information!

As a recipient of federal funds, the City of San Diego cannot discriminate against anyone on the basis of race, color, creed, sex, age, national origin or ancestry, religion, pregnancy, physical or mental disability, veteran status, marital status, medical condition, gender (transsexual and transgender), sexual orientation, as well as any other category protected by federal, state or local laws. If anyone believes, he or she has been discriminated against, he or she may file a complaint alleging the discrimination with the City of San Diego Park and Recreation Department (contact Deputy Director (619) 525-8235) or the Office of Equal Opportunity, U.S. Department of the Interior, Washington, D.C. 20240. This information is available in alternative formats upon request.